

metro

NEW YORK CITY NO. 1 FREE L

Thursday, October 4, 2018 metro.us | t: MetroNewYork

START IT UP

Islanders, Rangers open their 2018-19
NHL seasons tonight. 22-24



Eat right on National Taco Day
with our guide. 20

Brooklyn's medical marijuana
dispensary is in the 'home stretch.' 6

GET YOUR FAN ON

New York Comic Con kicks off four days of pop
culture bliss today — here's your guide to what's
new and the must-do events. 18-19



Javier Bardem on hippos and playing Pablo Escobar. 16-17



THINGS
TO
KNOW

EVA KIS, FEATURES EDITOR

If there are some interestingly dressed people on your train for the next four days, smile and nod: New York Comic Con 2018 kicks off today, bringing over 227,000 fans to the Javits Center for a celebration of all things pop culture. If you're going, check out our guide to what's new for the convention's 12th year and the essential panels and events you don't want to miss.

WELCOME TO
METRO.USSC SHOOTING LEAVES 1
OFFICER DEAD, 4 INJURED

Five law enforcement officers were shot, one of them fatally, near the city of Florence, South Carolina, on Wednesday, before a suspect was arrested, according to local media and emergency management authorities. No official details on the shooting were immediately available. But the Florence County Emergency Management Department said on Twitter that an "active shooting situation" reported in the area was "over and the suspect is in custody." The tweet advised members of the public to keep away from the crime scene in the residential subdivision

known as Vintage Place, on the western edge of Florence. A person answering the telephone at the county emergency department said he was not at liberty to provide further details. Florence-based WPDE-TV, citing the Florence County Sheriff's Office, reported that three sheriff's deputies and two Florence city police officers were shot in the incident, and that one of the city officers had died. WMBF-TV, an NBC News affiliate, also reported that one of the five officers had been killed. The condition of the four other officers was unknown, local media outlets said.

MAN BUSTED IN UTAH
OVER RICIN SENT TO DC

A man was arrested in Logan, Utah, on Wednesday in an investigation into envelopes filled with ricin, a poison, mailed to Pentagon officials and President Donald Trump, the Salt Lake Tribune reported. Local police did not identify the man, the newspaper said. A Federal Bureau of Investigation official in Salt Lake City referred Reuters to a statement sent to local media saying the FBI was investigating "potentially hazardous chemicals" in Logan, which is about 66 miles north of Salt Lake City. Officials are asking

people to avoid the area, the FBI statement said, according to KSL-TV in Logan. "No wider threat to public safety exists at this time," KSL quoted the FBI as saying. The Pentagon said on Tuesday that it had received mail suspected of containing ricin, including an envelope that a U.S. official said was addressed to Defense Secretary Jim Mattis. The U.S. Secret Service said it was investigating a "suspicious envelope" addressed to Trump that was received on Monday, though it never entered the White House.

NYU STUDENT USES CHALK TO FIGHT
CULTURE OF CATCALLING ON STREETS

Sophie Sandberg uses colored chalk to draw a quote on the sidewalk from a catcall made toward a woman on Wednesday in New York City. Victims of catcalls, or sexual street harassment, send Sandberg messages on Instagram and she documents them near where the offenses occurred. Sandberg, a senior at New York University, wants to draw attention to the inappropriate and sexual behavior in which some men choose to engage. Sandberg has named the project "Catcalls of NYC," in which she tries to display a quote every day throughout the city.

SPENCER PLATT/GETTY IMAGES

PRESIDENTIAL TEST ALERT
SETS US PHONES BUZZING

Millions of U.S. cellphones buzzed and beeped on Wednesday during the first test of a presidential alert system that would warn the public of a national emergency, such as an imminent attack. The test message from the Federal Emergency Management Agency (FEMA) went out at 2:18 p.m. EDT and triggered a loud tone, a special vibration and a message reading: "THIS IS A TEST of the National Wireless Emergency Alert System. No action is needed." A separate alert on television and radios was issued at 2:20 p.m. EDT. Officials estimated

Tuesday that upwards of 225 million U.S. mobile phones and other devices like smartwatches would receive the alerts broadcast by cell towers, or about 75 percent of all devices. Officials said they expected the alert would not reach all phones for a variety of reasons. Some people reported not getting the alerts or getting them on a delayed basis. U.S. cellphone users are not able to opt out of presidential alerts. The test alert was the most discussed topic on Twitter, in part because of President Donald Trump's propensity for sending tweets to his 55 million followers.

FRENCH POLICE RECAPTURE
'JAILBREAK KING'

A famous gangster who escaped Hollywood-style from a French jail by helicopter was captured on Wednesday after a three-month hunt that led police to a tower-block flat in an area where the man known as the "Jailbreak King" grew up. Redoine Faïd, who has said his life of crime was inspired by blockbusters such as "Scarface" and "Reservoir Dogs," escaped in July from a high-security prison where he was serving 25 years for a heist in which an officer was killed. His fall after three months on the run followed phone taps and monitoring of a woman who, prosecutor

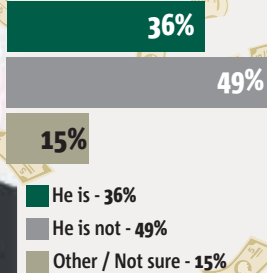
Francois Molins told a news conference, transported people believed to include Faïd to a flat in burqas, a head-to-toe, face-concealing garb commonly worn by women in Saudi Arabia and Afghanistan. Faïd was arrested as he slept at an apartment in Creil, an hour's drive north of Paris and not much further from the jail he escaped from south of the French capital in early July. About 50 officers, some of them elite troops, took part in a pre-dawn Wednesday raid in which they also arrested a brother of Faïd, two other men and a woman, among seven arrested in all.

STATS

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IS TRUMP A 'SELF-MADE'
BILLIONAIRE?

Do you believe that Donald Trump is or is not a "self-made" billionaire?



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NEWS

New bill allows pets on New York public transportation during emergencies

Gov. Andrew Cuomo signed a law allowing pets on all New York public transportation during an evacuation.



KRISTIN TOUSSAINT
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Good news for New Yorkers and their furry best friends: Pets are now allowed on any mode of New York public transportation in the event of an evacuation during a state of emergency.

Gov. Andrew Cuomo signed the change into law this week. He noted how many pet owners refused to evacuate during Superstorm Sandy flooding because they could not bring their dogs and cats on New York public



KIM VEGA IMAGE / GETTY IMAGES



transportation.

"For many New Yorkers, their pets are members of their families, and no one should be forced to abandon them in the event of an evacuation," Cuomo said in a statement. "I'm proud to sign this commonsense, hu-

mane legislation to bring comfort to pet owners in times of distress."

Prior to this law, New Yorkers were already allowed to bring their pets on MTA buses and the NYC subway in the event of a state-of-emergency evacuation, Senator An-

drew Lanza noted.

But pets couldn't come along on all modes of New York public transportation during an emergency, like the Port Authority. This update corrects that, allowing animals on public transit statewide during an evacuation.

"This law will ensure that all New Yorkers — both two- and four-legged — can escape to safety on all available means of public transportation, including those operated by the Port Authority of New York and New Jersey," Assemblywoman Linda B.

Rosenthal said in a statement.

Under the new law, restrictions on pets on New York public transportation are only lifted during a state of emergency. Dogs and cats are still restricted otherwise, which has caused some tension

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between straphangers and the city.

On the NYC subway, animals must be in a carrier or bag while on the train, and New Yorkers have a tendency to push that rule pretty far.

In July, the MTA responded to a photo tweet of a dog on a train, not inside a bag or carrier, and asked NYC subway riders to report such incidents to 911. That response sparked some backlash from New Yorkers who don't mind having a furry companion on their commute.



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PREMIER: **NEW YORK POST**

MEDIA: **metro**

Must be 21 or older with valid ID to consume alcohol. The festival promotion requires purchasing 100% of the net proceeds go to the NOKID Hunger Relief campaign and food bank in New York City. | Photos: Courtesy of Getty Images | Updates continued on p. 5, 17, 18



WE ARE HIRING!

The Board of Elections in the City of New York is hiring Poll Workers to serve at poll sites across New York City. Become an Election Day Worker and you can **earn up to \$500** for completing the training course, passing the exam and working two Election Days.

ELECTION INSPECTOR

REQUIREMENTS

- Registered voter residing in the City of New York
- Enrolled in the Democratic or Republican party
- Able to read and write English

DUTIES

- Prepare the poll site for voters
- Assist voters during the voting process
- Close the poll site
- Canvass and report election results
- Assist other poll workers as needed

TRAINING

- All Inspectors must attend a training class and pass the exam

SALARY

- Earn \$200 per day
- Earn \$100 for training (Note: You will only be paid for Training if you pass the exam and work on Election Day.)

You can earn up to \$500 for completing the training course, passing the exam and working two Election Days.

INTERPRETER

REQUIREMENTS

- A permanent U.S. resident over 18 years of age and a resident of New York City
- Fluent in English and the interpreter's language
- Spanish interpreters needed in all boroughs
- Chinese interpreters needed in Manhattan, Brooklyn & Queens
- Korean, Hindi and Bengali interpreters needed in Queens. For Hindi Interpreters: Please note on your application if you can also speak Punjabi.
- Does not have to be a registered voter

DUTIES

- Assist non-English speaking voters by translating voting information into covered languages during the voting process

TRAINING

- All interpreters must attend a training class and pass the exam

SALARY

- Earn \$200 per day
- Earn \$25 for training (Note: You will only be paid for Training if you pass the exam and work on Election Day.)

You can earn up to \$425 for completing the training course, passing the exam and working two Election Days.

HOURS/LOCATION

- 5:00 a.m. until the polls are closed and results reported, which will be after 9:00 p.m.
- Must be willing to travel within the borough for assignment to a poll site

HOW TO APPLY

Visit pollworker.nyc/2018 to apply. If you have any questions, call **866-VOTE-NYC** (866-868-3692).



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163 West 125th Street, 17th Floor

(You will need a photo ID to enter this
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Seating is limited, so please contact
Harlem CDC at 212-961-4100 or
harlemcdc@esd.ny.gov to register.
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Citiva Medical hopes to open the doors of 202 Flatbush Ave. in December to be Brooklyn's first medical marijuana dispensary. ALL PHOTOS CITIVA MEDICAL

Brooklyn's first medical marijuana dispensary is 'in the home stretch'

Citiva Medical hopes to open the doors of 202 Flatbush Ave. in December.



NIKKI M. MASCALI
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The opening of Brooklyn's very first medical marijuana dispensary is getting ever closer — and Staten Island's won't be too far behind.

After several months of construction, Citiva Medical is "in the home stretch and hoping to open in December." Director of Marketing Amy Holdener told Metro this week. "We're getting into the design element, the aesthetic to bring this to life for Brooklyn."

Citiva will open its first city-based medical marijuana dispensary at 202 Flatbush Ave., directly across from the Barclays Center — and two doors down from Ovenly, which Holdener said is "just fantastic — and a little funny."

"It was absolutely this location that sealed the deal for us," she added. "Yes, there's foot traffic for Barclays, but you just have the amazing community of businesses surrounding you. There's lots of fantastic things up and down the street, and we're excited to be a part of it."

Certified medical marijuana patients will be

able to purchase cannabis vaporizers, tinctures, capsules, water-soluble powder and topicals at Citiva.

In July, the subsidiary of iAnthus Capital broke ground on a 40,000-square-foot cannabis cultivation facility in upstate Orange County, which will service its medical marijuana facilities in Brooklyn, Cheung County, Wappingers Falls and Staten Island.

The latter two will "open soon after Brooklyn," Holdener said.

Citiva was formed by local physicians, pharmacists and medical business leaders who are "doing everything we can to participate in the conversation around cannabis as

medicine," Holdener said.

To that end, the company's pharmacist and medical director have been doing in-office presentations to educate physicians and other medical professionals interested in medical marijuana. They're also hosting community medical events in Brooklyn and Staten Island.

"We've certainly seen an uptick in interest from the medical community from when we first started getting into this maybe three, four years ago," Holdener said. "We'd see maybe 50 come to a seminar, and now we get 150 or more, and I think that's only going to continue."



The fight against erectile dysfunction

Don't worry. It happens.
But there are ways to stop it!
By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction in their day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this ... gulp... disappointing condition that affects so many men in the bedroom?

Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis.

In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found. It is estimated that around "35-75% of men with diabetes will experience at least some degree of erectile

dysfunction during their lifetime." On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition, few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple vias on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment

will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the "P-shot". This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

If you are interested in either of these groundbreaking treatments, make your appointment with Dr. Shusterman today by calling 212-661-0060.



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6-Alarm fire in East Village injures 14 firefighters, 3 civilians

Firefighters fought the blaze for hours after it broke out early Wednesday morning in the East Village.



KRISTIN TOUSSAINT
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Seventeen people were injured in a 6-alarm fire that burned through the East Village on Wednesday.

The blaze began early Wednesday morning and burned for hours, forcing two Manhattan schools nearby to cancel classes and all school activities.

Captain John L. O'Connell of the NYPD 9th Precinct reported a total of 17 injuries — three civilians and 14 firefighters. None of the injuries were life-threatening; victims were treated for smoke inhalation and some for heat exhaustion.

"Thankfully no fatalities," O'Connell added on Twitter.



GETTY IMAGES

The first flames broke out at about 1:45 a.m. at 188 1st Ave., a five-story apartment building that houses sushi restaurant Uogashi at street level.

Firefighters were on the scene through 11 a.m. FDNY Chief of Department James Leonard said on Wednesday morning that battling the 6-alarm fire would be "a prolonged operation due to heavy construction and structural concerns of the building."

Leonard also told reporters that it was a "very

difficult, stubborn fire to fight."

East Side Community High School and P.S. 19 Asher Levy were the two schools forced to cancel classes due to the fire. The blaze also compelled business owners and residents on the street around 188 1st Ave. to evacuate as well.

"There was a lot of smoke, and the fact that the streets were closed, it was just difficult to bring children into the area," Leonard said.

With streets closed for emergency services, northbound traffic on 1st Avenue was closed most of the day. NYPD briefly opened the road to vehicular traffic around 1 p.m., but a small flare-up in the rear of the building forced officials to close the road again about an hour later.

FDNY officials believe that the fire began on the building's ground floor. The department is investigating the incident further.

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The Powerful (and little known) Back Pain Treatment Used By Smart New Yorkers Who Don't Want Back Surgery or Opioid Drugs

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Two steps in the formula are performed. First, a test or diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function. If this first "test" procedure is successful, RF Neurotomy or "Radiofrequency" will be performed for longer term relief.

NOT just the Treatment alone that's the key ingredient.

You see, the real secret is the formula. And that again starts with a proper screening evaluation to determine if you are a good candidate and may achieve the results you are looking forward to. This is always Step number one.

And the best part about this screening is... It's FREE



FREE screening available for powerful back pain treatment

This screening will give you so much relief just knowing what is going on... and what your best options are.

That's right. *NYC Pain MD* offers this first step screening at no cost to patients. The only problem is... they often get over 100 inquiries a day as they also treat almost every painful area and joint. Sometimes it's hard to get through. If you don't get through to someone when you call... keep calling... or leave a message... it will be well worth it.

But that's just the first step

After your free screening, if you qualify, the doctors will discuss the best treatment plan for you in a way that you will understand completely. Not all complex "doctor talk"...

This may be one... or a combination of the advanced medical treatments offered at *NYC Pain MD*.

Everything will be explained and all your questions will be answered. And even better:

You will be given all this At NO COST. *NYC Pain MD* doc's are not like used car salesman. They will not be giving you a sales pitch. They are doctors and will give you the best possible options to help your pain and offer to help you the best way they can. In fact, with up to 100 inquiries a day from patient's looking for relief, it's often hard to even get a treatment spot.

You should also know this: While *NYC Pain MD* cannot help everyone...

so many have gotten the pain relief they were looking for.

One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone.

They do not want insurance issues... or not being rich or famous... to keep you away if you are suffering in pain.

How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc... but this space is limited and that's best left for you and the doctors to discuss in person.

So... if you are even remotely interested ... take the first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252**. More info at: painmdny.com/back-pain



NY Waterway will operate two 240-passenger ferries express from Williamsburg to Stuyvesant Cove during the L train shutdown. FACEBOOK/NY WATERWAY

MTA adding express ferry service during L train shutdown

Two 240-passenger NY Waterway ferries will sail express from Williamsburg to Stuyvesant Cove.



NIKKI M. MASCALI
nikki.mascali@metro.us

To help move New Yorkers around during the looming L train shutdown, the MTA will provide temporary ferry service on two 240-passenger vessels.

The larger ferries will provide “up to 61 percent more capacity than originally planned” during the L train shutdown slated to begin in April 2019.

NY Waterway will operate the ferries, which will be “separate and distinct” from NYC Ferry and will not affect its routes.

During the L train

“We only expect a small portion of our customers to choose a ferry over the subway or bus, but we’re keeping our promise to listen to your feedback.”

Andy Byford, MTA NYC Transit president

shutdown, the ferries will run express from a temporary landing at North 6th Street in Williamsburg, Brooklyn, to the existing NYC Ferry landing at Stuyvesant Cove (East 20th Street and FDR Drive) in Manhattan.

A third ferry will be fully staffed and ready if needed during the L train shutdown, which will enable about 2,000 riders to cross the river every hour in each direction.

“We only expect a

small portion of our customers to choose a ferry over the subway or bus, but we’re keeping our promise to listen to your feedback and if any aspect of our alternate service plan needs tweaking, then we will do that,” MTA NYC Transit President Andy Byford said.

During the L train shutdown, the MTA and NYC DOT plan to increase subway and bus service, add HOV restrictions on the Williamsburg Bridge, make 14th Street a dedicated busway and expand Citi Bike as alternatives for the 275,000 strap-hangers who take the L train from Brooklyn to Manhattan.

For the 15-month L train shutdown, the L train will only run in Brooklyn between Bedford Avenue and Canarsie-Rockaway Parkway. Service to Manhattan will halt to rehabilitate the Canarsie Tunnel under the East River, which was severely damaged during Superstorm Sandy in 2012.

L train shutdown ferry service schedule

The temporary ferries running during the L train shutdown will cost \$2.75, the same as a MetroCard swipe, and passengers will have free transfers to other MTA NYC Transit services to and from the ferry.

6-7 a.m. – every 15 minutes
7-10 a.m. – every 7½ minutes
10 a.m.-5 p.m. – every 10 minutes
5-8 p.m. – every 7½ minutes
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| <input checked="" type="checkbox"/> Leg Pain | <input checked="" type="checkbox"/> Blood Clots |
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According to new data from SpareRoom, nine of the 10 most expensive NYC neighborhoods to rent a room in are in Manhattan. **PIXABAY**

These NYC neighborhoods have the most expensive room rents

Spoiler alert:
According to
SpareRoom, most
of them are in
Manhattan.



NIKKI M. MASCALI
nikki.mascali@metro.us

We already know the city has some of the most expensive apartments on the planet, but it's second to San Francisco as the most expensive city in the country in which to rent a room. And yes, there are certain NYC neighborhoods where one room is going to cost you almost as much as a whole apartment.

According to new data from SpareRoom, Battery Park City remains the most expensive NYC neighborhood in which to rent a room, with an average monthly rent of \$2,057.

Manhattan makes up the majority of SpareRoom's top 10 list of NYC neighborhoods with the most expensive room rents. In fact, just one other borough made the list. Take a look at the breakdown:

wick, East Village, Upper Manhattan, Upper West Side, Upper East Side, Ridgewood, Bedford-Stuyvesant and Astoria.

SpareRoom's data, which analyzed more than 28,000 room rentals between January and June in 2017 and 2018, also found that NYC rents increased by just 1

“Once again, Williamsburg is the most popular neighborhood, but that may change when the L train shuts [down] next spring.”

SpareRoom Director
Matt Hutchinson

percent year-over-year. But there is a caveat.

"While rent rises of just 1 percent may seem like good news for New York City's renters, growth in cheaper boroughs means those on lower and middle incomes will still be feeling the squeeze," SpareRoom Director Matt Hutchinson said. "Once again, Williamsburg is the most popular neighborhood, but that may change when the L train shuts [down] next spring. Similarly, falling rents in Astoria might not last once the shutdown gets closer and people start to relocate. Now might be a good time to grab an Astoria rental before the stampede begins."

As far as the New York City neighborhoods with the most rooms available, Williamsburg, Brooklyn, tops SpareRoom's list of the NYC neighborhoods with the most rooms available to rent.

Rounding out that top 10 are Harlem, Bush-

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Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It’s Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it’s complex. In other words, it’s not a simple, easy fix.

But I’m sure you already know that. Or you wouldn’t be reading this.

That’s the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It’s amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

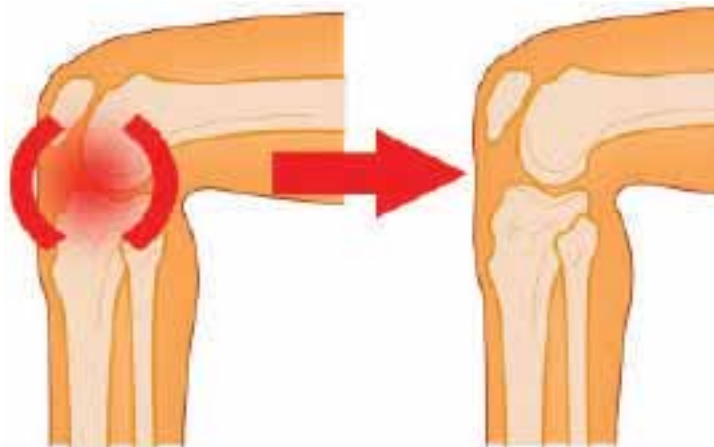
While I can’t give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “**Treatment Formula**” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

If you qualify, *NYC Pain MD* offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here’s What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what’s going on and what is your best course of action... step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what’s going on and what can or cannot be done.

There is so much we want to say to help you... but I’m out of space. Give us a call at **877-296-6310** and take the first step. That step is free without obligation.



www.PainMDNY.com
877-296-6310



GETTY IMAGES



Senate moderates criticize Trump for mocking Kavanaugh accuser

President Trump's reps said he was "stating the facts."

Three moderate Republicans who could be pivotal in determining whether the Senate confirms U.S. Supreme Court nominee Brett Kavanaugh criticized President Donald Trump on Wednesday for mocking a woman who has accused the judge of sexual assault.

Sens. Jeff Flake, Susan Collins and Lisa Murkowski were among the lawmakers who objected to Trump's comments regarding Christine Blasey Ford, a university professor from California who detailed her sexual assault allegation against Kavanaugh at an extraordinary Senate Judiciary Committee hearing last week.

The No. 2 Senate Republican, John Cornyn, said the FBI's report on sexual misconduct allegations against Kavanaugh could be given to senators as soon as Wednesday, amid concerns among Democrats about the thoroughness of the probe. The Senate's Republican leaders are planning a vote on Kavanaugh this week.

At a political rally in Mississippi on Tuesday night, Trump mocked Ford's testimony about the alleged assault in Maryland in 1982, when she was 15 and Kavanaugh was 17.

Ford testified that she could not remember the precise date or location of the alleged assault or how she got home afterward, but offered a detailed account of the incident in which she said a drunken Kavanaugh pinned her down, tried to remove her clothing and covered her mouth when she screamed.

"What neighborhood was it in? I don't know.

Where's the house? I don't know. Upstairs, downstairs, where was it? I don't know. But I had one beer. That's the only thing I remember," Trump, who was himself accused during the 2016 presidential race of sexual misconduct with numerous women, said in his imitation of Ford's testimony.

"And a man's life is in tatters," Trump added.

Flake told NBC's "Today" show that "there's no time and no place for remarks like that, that discuss something this sensitive at a political rally.

"I wish he hadn't

"He sent a clear message to victims of sexual assault that they should not be believed."

Sen. Dianne Feinstein, the committee's top Democrat

done it. I just say it's kind of appalling," Flake said.

Collins told reporters, "The president's comments were just plain wrong." She did not respond when asked if his comments would affect her vote on Kavanaugh's confirmation.

Asked whether Trump's comments would affect her vote, Murkowski told reporters, "I am taking everything into account. The president's comments yesterday mocking Dr. Ford were wholly inappropriate and, in my view, unacceptable."

REUTERS

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Pat King
Grumble Editor

READER WRITE-INS:

DO UNTO OTHERS AS YOU WANT DONE UNTO YOU!

We are so self-absorbed that everything must be about me...me...me...me. If you feel annoyed to say "you're welcome" because someone says "Thank you" because you did a good deed, something is wrong with

you. If you think people feel ashamed into saying "thank you," something is wrong with you. We have got to stop being so self-absorbed and remember to think of others and their feelings. It's not about you and how you feel. It's about doing the right thing and being a decent human being. It's about doing unto others as you want done unto you.

— Lady Q, Metro US reader

SNIFFLY COMMUTERS

Please, people with runny noses on commuter trains and subways: CARRY A PACK OF TISSUES AND USE THEM! Your fellow passengers appreciate not hearing sniffs at regular intervals, plus it's good hygiene.

— Abbey, Metro Philadelphia reader

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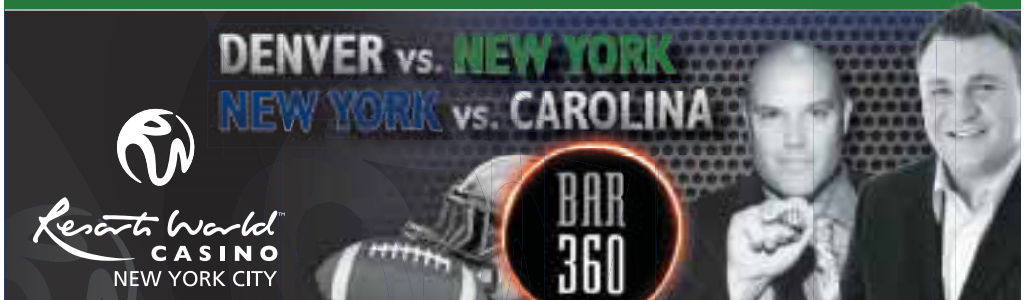


The winning caption from Kishan Shah, Metro Boston reader



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Aries Don't let anger take charge when positive change is what's needed. Refuse to let anyone play mind games with you. Protect your interests and do so with a smile on your face.



Taurus Take a break from people you deal with daily. It will give you a chance to rethink what's best for you and how you should go about making it happen.



Gemini Get out and network with people you admire to find encouragement and inspiration. Getting ahead depends on how and what you do.



Cancer A steady pace will lead to victory. Settling a matter that has been causing you grief will ease your stress and give you the courage to move forward.



Leo Keep your life simple and do your best not to overreact. Too much of anything will lead to trouble. Don't make waves, indulge or let aggressive behavior dominate.



Virgo Personal improvements will pay off. Getting along with peers, friends and family will get you the help you need to accomplish your goals. Be smart and you'll gain favors and stability.



Libra Keep your emotions in check to avoid missing out on something you should be doing. Distress will lead to immobility. An open mind will help you avoid a stalemate.



Scorpio Choose to take the high road, regardless of what someone else does. Anger will only magnify a situation you are trying to defuse. Kindness, love and appreciation will help.



Sagittarius You'll make headway if you stick to the script and follow through with your plan. Your enthusiasm will outshine anyone trying to compete with you.



Capricorn Being a good listener will help you win the confidence and help of new allies. Understanding what's behind others' actions will give you the edge when it comes to negotiating.



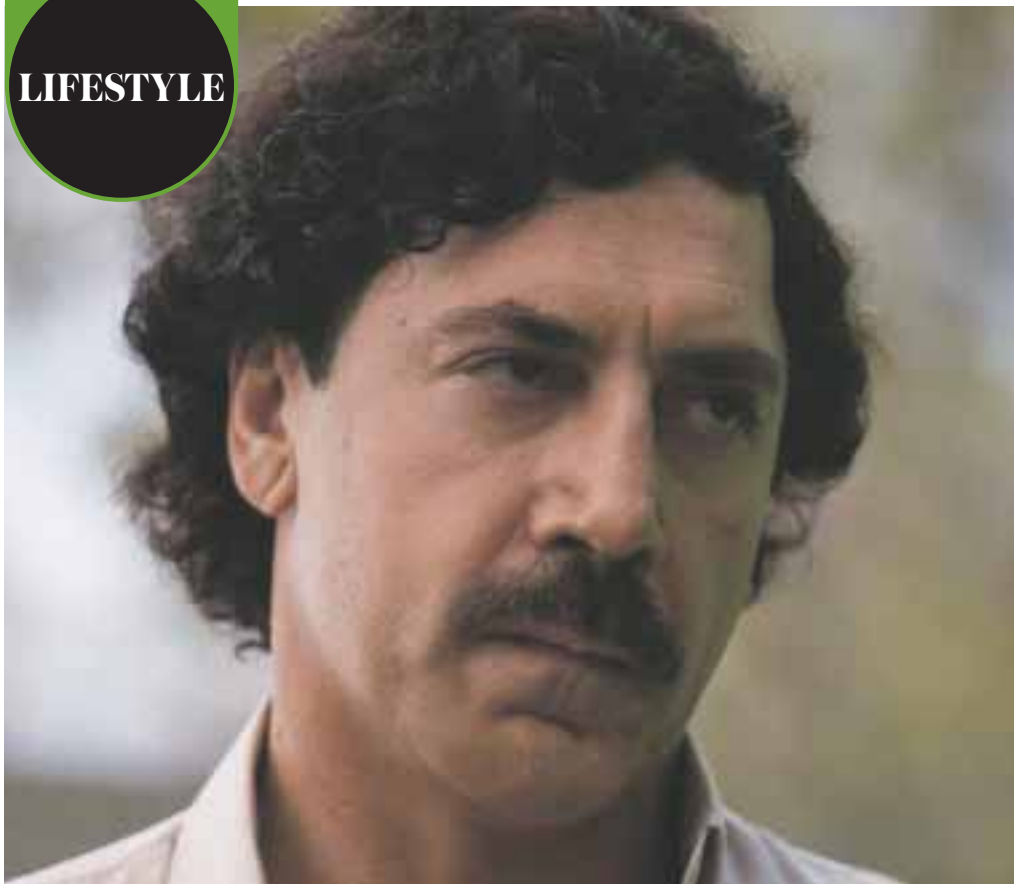
Aquarius Focus on saving, not on spending. You don't have to keep up with someone or follow that person's lead, especially if he or she is a bad influence. Do your own thing.



Pisces Something good is heading your way. Make sure you have all your paperwork in order and are prepared for what's coming down the pipeline. Readiness will make a difference.

EUGENIA LAST

LIFESTYLE



"Loving Pablo" opens in theaters this weekend. UNIVERSAL PICTURES

Javier Bardem was inspired by Pablo Escobar's murderous hippopotamuses

The actor opens up about playing the drug lord in "Loving Pablo."

Oscar-winning actor admitted that his biggest source of inspiration for the film came courtesy of the narcoterrorist's



GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Before finally being cast as Pablo Escobar in "Loving Pablo," Javier Bardem had been waiting over 20 years to play him.

This gave Bardem plenty of time to meticulously watch every clip and listen to every interview ever conducted by Escobar so that he could perfect his take on the infamous Colombian drug lord, who at one point was smuggling 80 percent of the cocaine into the U.S., was turning over \$21 billion a year, and was ultimately gunned down the day after his 44th birthday in 1993.

But during a recent chat with Bardem for "Loving Pablo," the

"Those hippopotamuses were wandering around Colombia killing a lot of people."

obsession with hippopotamuses.

"I was very intrigued and very interested in doing the animal approach," explains Bardem. "His favorite animal was the hippopotamus."

"In fact when he was killed and his hacienda was raided, the animals

Olivier Asselin / Heifer International

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Javier Bardem channeled Escobar's spirit animal for the film. GETTY IMAGES

he had escaped, he had three of them and they were set free," he adds. "Those hippopotamuses were wandering around Colombia killing a lot of people. There's a great documentary called 'Escobar's Hippos,' which is great because you can see the resemblance."

Bardem channeled his animal instincts on

the set of "Loving Pablo."

"There's a scene in the movie where I am in the pool and we shot it like I was a hippopotamus before he killed," says the actor. "He is looking at the victim and then he goes fast. It is unstoppable."

"That way of physicality, that way of mov-

ing, that way of talking, that way of relaxing the face, having the weight in the shoulders, face, without paying too much attention to the way he looks," he adds. "Because Pablo didn't have any vanity. He only wanted to be respected and he was fine with the way he looked. That was a great thing to work with."

But it was Escobar's "force of nature" personality, juxtaposed against his "very low key, slow paced" physical actions, that Bardem really wanted to tap into with "Loving Pablo." It was also the reason why he had waited so long for the perfect script, film and portrayal of Escobar, too.

"I had been intrigued by his force of nature in a wrong way. I was always very intrigued by his dichotomy between his actions and his way of behavior," says Bardem. "The very low-key, slow-paced kind of person he was. As an actor, it is a great challenge to play that dichotomy."

"Loving Pablo" opens in theaters Oct. 5.

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New York City Department for the Aging 2018 Public Hearings

The New York City Department for the Aging will be conducting public hearings for the Annual Plan Summary of 2019-2020 for services under the Older Americans Act, the New York State Community Services for the Elderly and the Expanded In-Home Services for the Elderly Programs. Hearings are scheduled for each borough as follows:

Borough /Date & Time	Location
BRONX Tuesday, October 16 9:30am - 11:30am	BronxWorks Morris Innovative Senior Center 80 East 181st Street Bronx, NY 10453 (718) 933-5300
BROOKLYN Wednesday, October 17 10:00am - 12:00pm	Albany Senior Center 186 Albany Avenue Brooklyn, NY 11213 (718) 773-2600
MANHATTAN Monday, October 22 10:00am - 12:00pm	Leonard Covello Senior Center 312 East 109th Street New York, NY 10029 (212) 423-9665
STATEN ISLAND Thursday, October 25 9:30am - 11:30am	JCC of Staten Island 1466 Manor Road Staten Island, NY 10314 (718) 475-5238
QUEENS Friday, October 26 10:00am - 12:00pm	Sunnyside Community Neighborhood Senior Center 43-31 39th Street, Sunnyside, NY 11104 (929) 335-7915

To register, email testimony@aging.nyc.gov or send mail to NYC Department for the Aging, c/o Yvette Parrish-Chenault, 2 Lafayette Street, 7th Floor, New York, NY 10007.

THINGS
TO DO

See the premiere of Jodie Whittaker as "Doctor Who's" new Time Lord and chat about it with the cast on Sunday. GETTY IMAGES

What *not* to miss at NYCC 2018

You've got your favorite fandoms, but New York Comic Con is also about finding something new to love. Here's our guide to the essential panels and experiences at this year's convention. EVA KIS

Meet a real Harry Potter

Yes, everyone who has seen "Harry Potter and the Cursed Child" knows to #KeepTheSecrets, but maybe someone will cast a charm powerful enough to tease out a few behind-the-scenes details when all seven original main cast members take to the NYCC 2018 stage. **Oct. 4, 11 a.m., Javits Room 1A06**

The "Marvel Way"

The editors of Mighty Marvel and some special guests will reveal the process of "Making Comics The Marvel Way." They'll cover every aspect of production from how the stories are crafted to penciling, inking, coloring, lettering, editing and more. **Thursday, 12:15 p.m., Javits Room 1A24**

Meet "The Boys"

Supernatural creator Erik Kripke has a new series that reimagines superheroes in the role of the bad guys. "The Boys," coming to Amazon in 2019, is a group of vigilantes — among them Karl Urban, Karen Fukuhara and Chace Crawford — working to take them down. You'll be getting the first look at the show with the full cast. **Friday, Oct. 5, 3 p.m., Hammerstein Ballroom**

Let your fan flag fly

Party with the most colorful crowd at Super Queeroes, NYCC 2018's official LGBT+ afterparty on Friday night. Featuring DJ Mike Cruz and hosted by Shirley U. Jest and Matthew Levine of LGBT HQ, the night will feature drag and burlesque shows, a cosplay contest with over \$1,000 in prizes, "gaymes," raffles and surprise guests. **Friday, Oct. 5, 9 p.m.-4 a.m., must be 21+, 80 Grove St., \$10 cover**

The people making real movie magic

Stuntmen and -women train to take the risks actors can't. Learn just what it takes to choreograph a fight scene and do insane things in a car — all while probably wearing a wig — at "Fights, Camera, Action!" **Oct. 6, 5:30-6:30 p.m., Shop Studios, Level 3, free with NYCC badge**

Step into a pensieve

Swing by the Audible booth for the Harry Potter Pensieve Experience, an interactive experience created with Pottermore Publishing. Like the magical device that lets wizards relive their memories, the 10-minute multi-sensory event lets you follow a character from the books through some of their most memorable moments. **Oct. 4-7, Javits Booth NC5**

Get a "Good" feeling

One of the most anticipated book-to-screen adaptations in the works is the teaming up of a demon and an angel to stop the apocalypse in "Good Omens." Author Neil Gaiman will join stars David Tennant and Michael Sheen to dish on the upcoming Amazon Prime series. **Saturday, Oct. 6, 10 a.m., Hulu Theater at MSG**

Meet the new Doctor

BBC America is airing the first episode of "Doctor Who's" 11th season, featuring the debut of Jodie Whittaker as the 14th Doctor, nationwide at 1:45 p.m. to coincide with its U.K. premiere. Fans at NYCC 2018 not only will get to watch it, they'll take part in a Q&A with Whittaker, showrunner Chris Chibnall and executive producer Matt Strevens. **Sunday, Oct. 7, 1:45 p.m., Hulu Theater at MSG**

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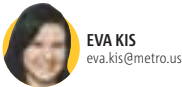
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What's new for NY Comic Con 2018?

Preview this year's four-day pop culture extravaganza courtesy of ReedPOP's Mike Armstrong.



EVA KIS
eva.kis@metro.us

The biggest pop culture convention on the East Coast is almost back, with New York City Comic Con 2018 taking over the Javits Center (and an increasing number of surrounding venues) from Oct. 4-7. With everything from superheroes to anime, sci-fi shows and vintage comic books represented, NYCC 2018 keeps growing and changing to keep up with what fans are watching and reading now. To get all the info about what's new for NYCC 2018, we chatted with Mike Armstrong, event director for the convention's organizer, ReedPOP.

Feeling the growing pains

New York Comic Con gets bigger every year. In 2014, NYCC overtook San Diego Comic Con's 130,000 attendance by selling 150,000 tickets. In 2017, that number hit 227,000 — and while NYCC 2018 has sold out three of its four days, that's probably as big as it'll stay for a while.

"We're at a point right now with the Javits Center where we can't sell any more tickets, we can't sell any more exhibit space, we can't sell any more sponsorships," says Armstrong. "All of our growth has been driven by outside venues."

So don't expect many more badges to the con to become available until 2021, when the Javits expects to complete its massive expansion that will add more than 500,000 square feet to its current size of 760,000 square feet.

More events for more fans

Since not everyone who wants a ticket to NYCC can get one, and some people may not want



New York Comic Con continues to grow beyond the Javits Center, adding new off-site venues and events. ALL PHOTOS GETTY IMAGES

to be in the middle of the madness at all, NYCC 2018 continues to expand its off-site programs.

New for this year is Studio @ NYCC, a series of intimate masterclasses, workshops and conversations with creators rather than the stars, to get more in-depth about a fandom or a particular aspect of the creative process.



Anime gets its own side convention

"We do some pretty robust post-show research, and for the past three years the No. 1 thing that our fans have been requesting more of is anime," says Armstrong. So NYCC 2018 is giving them their own side convention with Anime Fest, which allows content creators who may want to present seven panels and only get approval for two or three at the Javits to bring all their offerings to the show.

"We're not removing any anime content from New York Comic Con at all, this is simply an ad-

ditive thing," Armstrong notes.

There's a new home for cosplayers

Costumed attendees will no longer have to crowd bathroom stalls or miss getting great photos of their own outfits. Cosplay Central is a new hub for all things cosplay, taking up the entire fourth floor of the River Pavilion inside the Javits Center. You'll find workshops on costume building, appearances by featured cosplayers, demonstrations, an Imgur-powered GIF photo booth and a dedicated changing room.

A new "Star Wars" fan zone

For the first time, five "Star Wars" fan groups have banded together to create their own Star Wars Fan Club Experience. Join the 501st Legion, Empire Saber Guild, Rebel Legion, Mandalorian Mercs and Droid Builders at Annex 37 (517 W. 37th St.) where they'll have props and costumes on display, photo ops, "Blast a Trooper" for a good cause, and more. Access is free for any fan of the franchise, even without an NYCC 2018 badge. Thurs-Sat, 10 a.m.-7 p.m.; Sun, 10 a.m.-4 p.m.

New fandoms you'll find at NYCC 2018

This year's convention has added a new fandom

to the mix: WWE, bringing superstars Finn Balor, Bayley and Sasha Banks for photo ops and autographs on Thursday. Though NYCC has hosted events with Broadway musicals in the past, the cast of "Harry Potter and the

Cursed Child" should make for an exciting panel on Thursday.

Though concerts are "not our core competency," Armstrong admits, music has more of a presence this year with a concert at the Hard Rock Cafe with Coheed

and Cambria, and Gerard Way from My Chemical Romance is also making an appearance. "[Music] is something we'll dip our toe into a bit more in the next couple of years."

Focus on security

"People are super interested in our security plans, always," says Armstrong. "We take that incredibly seriously and we make a really massive investment in security." Fans must read a cosplay anti-harassment policy when they buy their tickets, and posters throughout the convention remind con-goers that cosplay is not consent.

If fans still see a problem or just don't feel comfortable, even if they're not directly involved with the situation, they can use the mobile app to report harassment and an NYCC 2018 staff member should be on-site within a couple of minutes to help.

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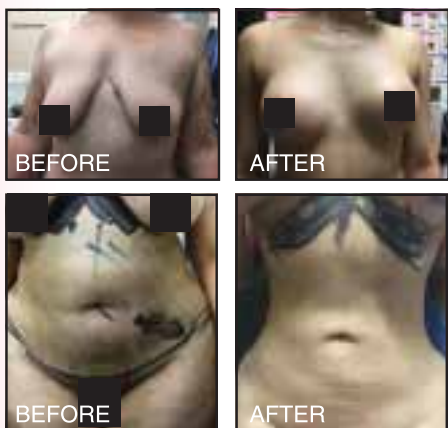
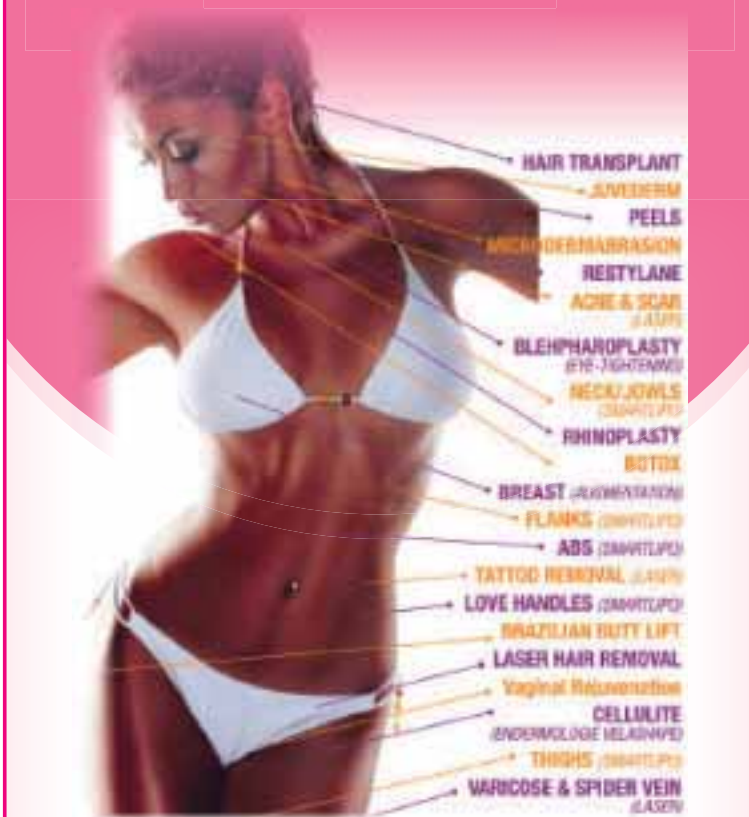
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Tacos all the way down

Today is National Taco Day, and we've rounded up the freebies and deals that Mexican-food lovers crave.



EVA KIS
eva.kis@metro.us

In addition to poke bowls, California-style restaurant **Sons of Thunder** also turns out crispy Baja fish tacos made with beer-battered Alaskan cod. Get them two-for-one (\$4.75) from 11 a.m. to 9 p.m. at its original Murray Hill location (204 E. 38th St.) and its new outpost in the Financial District (225 Pearl St.).

To mark the opening of its stand at NoHo's open-air Bowery Market, **Pinks Cantina** is offering one free taco to all guests from 6-8 p.m. 348 Bowery, *Instagram*

Any order of soft-shell tacos with fillings like hanger steak and tempura mahi-mahi at sister bars **Boulton & Watt** (5 Ave. A, East Village) and **Forrest Point** (970 Flushing Ave., Bushwick) gets you a free beer.

Financial District newcomer **Toro Loco** will be serving a free can of Estrella Jalisco with every taco order. 15 Stone St., *toroloconyc.com*

End your taco binge with a sweet treat at **Cold Stone Creamery**, which will be serving

their ice creams in a waffle taco only on National Taco Day. Get it plain, dipped or sprinkled.

Southern Californian taqueria **Taco Dumbo** is celebrating National Taco Day 2018 with \$1 tacos (limit two per person) like the chicken tinga and vegan chorizo between 3-6 p.m. at all three NYC locations. Wash it down with one of their cold-pressed margaritas. Midtown, *Dumbo Heights*, *The Pennsy*, *tacodumbo.com*

Swing by Union Square on National Taco Day for half-priced tacos all night at **Taco Electrico**, Casamigos margaritas and music by DJ Killah Cam from 7-11 p.m. 201 Park Ave. South, *tacoelectrico.com*

Chef Roberto Santibañez champions Mexico's heirloom corn with his handmade tortillas at contemporary Mexican restaurant **Fonda**. On National Taco Day, get three tacos for just \$9 during happy hour from 4-7 p.m. Chelsea, East Village, Park Slope, *fondarestaurant.com*

Greenpoint's hot new spot for Oaxacan cuisine, **Oxomoco**, is throwing it back to the '80s and '90s with a retro party featuring the ground beef-stuffed hard-shell tacos we all grew up on, plus platters of sizzling fajitas. (But Chef Justin Bazdarich isn't running a Chili's, so expect some next-level twists). 5:30

p.m. until close, 128 Greenpoint Ave., *oxomocoonyc.com*

On National Taco Day 2018, **Taco Bell** is offering a \$5 National Taco Day box with four hard-shell Doritos Locos tacos: Crunchy, Fiery, Cool Ranch and Nacho Cheese.

Want to eat all the tacos? Head to the lounge at **Vandal**, where a roving platter will make the rounds with mushroom, Korean, braised chicken and chili steak tacos from 7:30-9:30 p.m., plus chips and guac. Your \$65 ticket also includes Don Julio tastings and an open margarita bar. 199 Bowery, *vandalnewyork.com*

Bring some friends to tackle the National Taco Day 2018 special at **Cantina Rooftop** in Hell's Kitchen. Chef Saul Montiel has created a Giant Taco, weighing in at 12 lbs. and loaded with guajillo-marinated chicken, lettuce, avocado, two cheeses, four house-made sauces and sour cream packed inside a gigantic fried shell. Normally \$80, get it for \$65 on Oct. 4. 605 W. 48th St., *cantinarooftop.com*

Beyond National Taco Day, Flatiron's modern Mexican fast-casual spot **Óxido** just launched a new lineup of breakfast tacos this week. Service starts at 7:30 a.m., and all breakfast tacos are just \$1 every Tuesday this month. 18 W. 23rd St., *oxido.nyc*

TRAVEL

Fly to London for under \$300. Roundtrip. Seriously.



ALL PHOTOS ISTOCK

Cheerio, cheap flights.

Fodor's Travel

If your New Year's resolution was to travel more, we've got great news for you: We've spotted cheap flights to London starting at just \$294 round-trip (which is much cheaper than a gym membership) from these cities:

San Francisco (SFO) – \$299
Seattle (SEA) – \$299
Tampa (TPA) – \$294
Boston (BOS) – \$369
Denver (DEN) – \$308
Minneapolis (MSP) – \$345
Newark (EWR) – \$370
Toronto (YYZ) – \$336
Vancouver (YVR) – \$456
Washington (IAD) – \$376

We can't remember the last time we saw flights at this price, so to take advantage of this deal you'll have to jump on it now. Within 24 hours, most of these flights will be gone.

You'll find the cheapest prices between Jan. 20 and Jan. 30, which is a great time to visit London. Temperatures reach around 50 degrees, so you can cozy up by roaring fires in the local pubs and beat the tourist crowds at

the most popular destinations.

Treat yourself at the Langham

Now that you've saved so much on your flight, one option is to splurge. For that, we recommend one of London's oldest and grandest hotels: The Langham. This gorgeous, glitzy hotel has a reputa-

tion for service, bathrooms decked in marble, and a bar — the Artesian at the Langham — whose experimental cocktails and beautiful clientele have earned it the title of best bar in the world four times in a row.



tion for service, bathrooms decked in marble, and a bar — the Artesian at the Langham — whose experimental cocktails and beautiful clientele have earned it the title of best bar in the world four times in a row.

Extend your stay at citizenM London Bankside Low flight prices are also a good excuse to max out your PTO if the hotel rates are right. For a budget stay, your best bet

is the citizenM London Bankside. This luxury midrange hotel features pod-like rooms (with free mini bars), quirky public spaces, and an artsy super millennial crowd perfect for meeting other like-minded travelers. Plus, it's located on the trendy South Bank of the Thames and close to the Tate Modern and the Borough Market.

Get a little Harry Potter at the Mandrake Hotel While you're visiting the land of Hogwarts, consider getting quirky with your accommodations. The Mandrake is a luxuriously eccentric West End hotel accessed from a hidden portal entrance. The rooms are sumptuously appointed — think eccentric pure blood on a muggle vacation — with upholstered ceilings, claw-foot tubs and an eclectic mix of antiques and whimsical art pieces. It's particularly perfect for those who majored in potions. The mini bar is filled with medicinal elixirs, and the bar serves up botanical potions with ingredients like palo santo or skull cap for a healing dose of intoxication. **MEG BUTLER**

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New era for Isles is now

A new regime looks to steer the Islanders back to NHL relevancy.



JOE PANTORNO
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There's reason for optimism for the New York Islanders, even though expectations aren't that high for the upcoming 2018-19 NHL season.

While John Tavares won't ever be walking through those doors again, there has been a culture change for the Long Island-based club moonlighting as Brooklynites.

There's a new team president in Lou Lamoriello, a Hall of Fame executive responsible for building the Devils into a powerhouse in the '90s before fixing the once-broken Maple Leafs over the last three seasons.

He brought in head coach Barry Trotz, fresh off leading the Washington Capitals to their first-ever Stanley Cup title in June.

There are plenty of question marks for a team now centered around Mathew Barzal, who led the Islanders in points as a rookie last season.

Here are some of the biggest story lines to watch this season, which starts tonight in Carolina against the Hurricanes (7:30 p.m.).

BARZAL'S SOPHOMORE CAMPAIGN



Not that he had to wait long or anything, but the Islanders are officially Mathew Barzal's team. The reigning Rookie of the Year put up 85 points last season with 22 goals and 63 assists. He has shown great chemistry with fellow youngster and winger Anthony Beauvillier, but he will be responsible for slotting in on the first line to take John Tavares' place. No pressure, kid.

BELIEVE IN BARRY

Due to the Washington Capitals dragging their feet on offering Barry Trotz an extension, the Islanders have picked up one of the greatest coaches in NHL history. Trotz ranks fifth on the NHL's all-time wins list with 762, just 20 behind legendary Islanders boss Al Arbour. Trotz is going to have his hands full with a roster that lacks depth when it comes to the skill department. But if there's anyone that can get the most out of this team, it's him.



WORRISOME DEFENSE



The Islanders had the NHL's worst defense last season, yielding a staggering 296 goals as injuries and inconsistent goaltending made their blue line sieve-like. They lost Calvin de Haan, one of their best defensemen, to free agency this summer and have not done anything to replace him or upgrade the defense in any way. It will be up to Johnny Boychuk, Nick Leddy and Ryan Pullock to lead the defense toward improvement.

WHERE ARE THE KIDS?

It's one thing for a team to struggle with a roster of young players. However, the Islanders aren't exactly a youthful group: the opening-night roster has an average age of 27.4. There are five players over 30 and there will be no rookies featured. That's a frustrating fact for fans who were hoping to see the likes of Kieffer Bellows, Devon Toews and Josh Ho-Sang with the team this year.



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ISLANDERS PROJECTED
OPENING NIGHT LINES

1st LINE

LW ANTHONY BEAUVILLIER

C MATHEW BARZAL

RW JOSH BAILEY

2nd LINE

LW ANDERS LEE

C BROCK NELSON

RW JORDAN EBERLE

3rd LINE

LW MATT MARTIN

C CASEY CIZIKAS

RW CAL CLUTTERBUCK

4th LINE

LW LEO KOMAROV

C VALTERI FILPPULA

RW TANNER FRITZ

DEFENSE

ADAM PELECH RYAN PULOCK

LUCA SBISA NICK LEDDY

TOM HICKEY JOHNNY BOYCHUK

GOALIES

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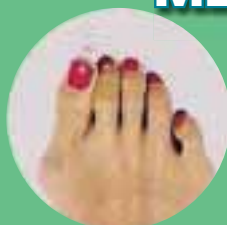


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Viagra's Sex Pill Monopoly Is Over

Since 1993, three brands have dominated the men's sexual performance market. Now there's a fourth, Vesele. And the difference is amazing...

SAN DIEGO — A new sex pill is set to take the spotlight with the Viagra patent about to expire. Since it's not a drug, it's something very different, it won't require a prescription and is priced just under a \$1 a dose.

The new pill called *Vesele* is part of a new class of performance enhancers for men, which work on the body and mind, supporting firmer and harder erections

Formulated with a special compound known as a blood flow boosters, *Vesele* can transport its active ingredients in higher levels into the blood stream, where it begins to work.

The patent pending ingredient increases nitric oxide production, initiating a process known as vasodilation, which causes arteries and vessels throughout the body to relax. This allows blood to flow to penis and genitals, promoting stronger, harder erection which last longer.

But what makes *Vesele* so remarkable, and what these other sex pills can't do, is that a small portion of this blood flows to the brain, which creates feelings of intense arousal. In laymen's terms, users become incredibly excited and turned on.

This is why the makers of *Vesele* say their pill has worked so effectively in human clinical use survey trial. It increases blood flow to the two most important organs for great sex, the penis and the brain.

The Brain Erection Connection

Until now, medical researchers did not fully understand the brain-erection connection. It has now been made clearer with the data backing *Vesele*. When both are supplied with a constant blood flow, men are harder and firmer for longer...and have higher sex drives.

"Most of the research and treatment methods for men's sexual failures have focused on physiological factors and have neglected the emotional ones. For the leading sex drugs to work, like Cialis and Viagra, you need visual stimulation" explains Dr. Henry Esber, from the company who created *Vesele*.

According to research published by the National Institute of Health, 50% of men taking these drugs stop responding or can't tolerate their side effects...and on top of that they spend \$25 per pill and it doesn't even work half the time.

This is what makes *Vesele* so different. It

provides the blood stream with nitric oxide which cause arteries to relax. The patented accelerator speeds up this process even more.

The result is an increase in hardness and maintenance and frequent sex when it is taken daily.

Great Sex At Any Age

With the conclusion of latest human clinical use survey trial, *Vesele* is now being offering in the US. And regardless of the market, its sales are exploding.

Men across the country are eager to get their hands on the new pill and according to the research, they should be.

In the trial above, men taking *Vesele* saw a staggering 45.1% improvement in erection hardness from baseline over a four-month period. Their erections also lasted twice as long.

These same men also experienced an astounding 27% increase in the desire for sex (libido/sex drive) and an even greater improvement in overall satisfaction and ability to satisfy their partners.

Higher Absorption into the Blood Stream

Vesele is made up of three specialized ingredients: two vasodilators and a patented absorption enhancer often called an accelerator. The FDA considers all to be safe.

Research shows that with age, many men struggle to produce an erection firm enough for penetration.

And although there are many theories as to why this happens (including a loss in testosterone) one thing is certain, inadequate blood flow is virtually always to blame. That's why sex drug manufacturers focus on blood flow, it makes your erection hard.

But what's more surprising, and what these manufacturers have failed to consider, is that lack of blood flow can also kill your sex drive. That's because blood supplies energy for the brain. This energy is required for creating brainwaves that cause excitability and arousal.

Studies show that nitric oxide stimulates the entire cardiovascular system, including the arteries that lead to both the brain and penis. The higher concentration of the ingredients in *Vesele* combined with the accelerator ensures



Expiring Patent Opens the Door to a New Sex Pill: *Vesele* is a new pill that cost just \$1 a dose and does not require a prescription. It works on both body and mind to increase arousal and erection hardness.

that this process continues to work over time.

The sexual benefits of *Vesele* will start to show as its ingredients build up in the system over time. This is why many men take it every single day.

The Same Study Shows Positive Effects on Women

In the same outstanding study referenced throughout, *Vesele* was also shown to have a surprising effect on women too. That's because the same arteries and vessels that carry blood and oxygen to the brain and genitals are the same in men and women.

"In our study, women taking *Vesele* saw a stunning 23.7% and 20.4% improvement in arousal and sex drive over baseline.

You can imagine why some couples are taking *Vesele* together. Everything feels better. Everything works better. Everyone performs better.

A New Frontier of Non-Prescription Sex Pills

With daily use, *Vesele* is helping men (and women) with their sex lives and overcome sexual lets downs without side effect or expense.

Through a patented accelerate, *Vesele*'s formula is better absorbed into the bloodstream, resulting in remarkable improvements in erection firmness and hardness.

And with better blood flow, users also experienced sexual feeling they haven't felt in years.

Where to Find Vesele

This is the official release of *Vesele* in New York. As such, the company is offering a special discounted supply to any reader who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all New York residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-450-5054 and will only be open for the next 48 hours. Only a limited discounted supply of *Vesele* is currently available in your region.

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The rebuild begins for Rangers

The season starts tonight at MSG against Nashville.



JOE PANTORNO
joseph.pantorno@metro.us

New York Rangers management made it clear back in February that this is a rebuilding team, so the MSG faithful should not be expecting anything near the playoffs this year. With new head coach David Quinn at the helm, the Rangers are stressing youth, which offers a glimmer of hope that a core could be developed over the next few seasons.

Expect plenty of growing pains in the process, though, as a number of youngsters will look to find their footing.

That doesn't mean there won't be some familiar faces at Madison Square Garden. It just depends on how long they'll be there. Here are some things to watch out for as the Rangers rebuild.

BRING IN THE YOUTH

The Rangers will feature seven players that were born in 1995 or later, including second-line center Filip Chytil, who just turned 19 on Sept. 5. It is just the start of the young guns as we will likely see Lias Andersson with the big club at some point this year.



PASSING OF THE OLD GUARD

The Rangers dealt away Ryan McDonagh, Rick Nash and J.T. Miller at the trade deadline in February. We could see more familiar faces shipped out in the likes of Mats Zuccarello and Kevin Hayes this season. Both were rumored to be on the market this summer.



HOW LONG WILL "THE KING" RULE?

At 36 years old, goalie Henrik Lundqvist has seen a dip in his play, especially last year. While he's signed through 2021-22 and has pledged his allegiance to the Rangers, could we see a change in the crease if he repeats his first-half struggles from last year?



RANGERS PROJECTED OPENING NIGHT LINES

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C MIKA ZIBANEJAD

RW PAVEL BUCHNEVICH

2nd LINE

LW RYAN SPOONER

C FILIP CHYTIL

RW JESPER FAST

3rd LINE

LW CODY MCLEOD

C KEVIN HAYES

RW JIMMY VESEY

4th LINE

LW V. NAMESTNIKOV

C BRETT HOWDEN

RW VINNI LETTIERI

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COUNTY OF QUEENS
Wells Fargo Bank, N.A.,
Plaintiff against-Dare
Akingbade,
Eunice Akingbade, Mortgage
Electronic Registration
Systems, Inc., as Nominee
for Fremont Investment &
Loan, National City Mortgage
Co. Defendant(s)
Pursuant to a judgment of
foreclosure and sale entered
on April 26, 2018
I, the undersigned Referee
will sell at public auction to the
highest bidder at QUEENS
COUNTY SUPREME COURT,
88-11 SUTPHIN BOULEVARD,
JAMAICA, NEW YORK, IN
COURTROOM #25 on October
19, 2018 at 10:00 AM premises
known as 227-02 112th Road,
Queens Village,
NY 11429-2707.
ALL that certain plot, piece or
parcel of land, situated, lying
and being in the Borough
and County, City and State
of New York.
Block: 11228 Lot: 76
Approximate amount of lien
\$487,032.17 plus interest
and costs. Premises will be
sold subject to provisions of
filed judgment
Index # 1241/2015
Donna Nuey, Esq.,
REFeree
STEIN, WIENER AND
ROTH, L.L.P.,
ATTORNEYS FOR THE
PLAINTIFF
ONE OLD COUNTRY ROAD,
SUITE 113
CARLE PLACE, NY 11514
DATED: September 06, 2018
FILE #: WELLS 6928

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
QUEENS COUNTY
JPMORGAN CHASE BANK,
NATIONAL ASSOCIATION,
Plaintiff against DAPHNE
BARNETT, et al Defendants
Attorney for Plaintiff (s)
Fein, Such & Crane, LLP
28 East Main Street, Suite
1800, Rochester, NY 14614
Attorney (s) for Plaintiff (s).
Pursuant to a Judgment of
Foreclosure and Sale Entered
July 25, 2018 I will sell at
Public Auction to the highest
bidder at the Queens County
Supreme Court, 88-11 Sutphin
Blvd., Jamaica, New York
11435, in Courtroom #25
on October 26, 2018 at
10:00 AM. Premises known as
220-31 Hempstead Avenue,
Queens Village, NY 11429.
Block 10775 Lot 34.
All that certain plot, piece or
parcel of land, with the buildings
and improvements thereon
erected, situate, lying and being
in the Borough and County of
Queens, City and State of New
York. Approximate Amount of
Judgment is \$289,021.00 plus
interest and costs. Premises
will be sold subject to
provisions of filed Judgment
Index No 705213/2014.
Arthur N Terranova, Esq.,
Referee
XCHJC085

LEGAL NOTICES

NOTICE OF FORMATION
of GARGI SHAH ADVISORS
LLC Application for Authority
filed with Secretary of State
of NY (SSNY) on 08/09/2018.
Office location: New York
County. SSNY designated
as agent of LLC upon whom
process against it may be
served. SSNY shall mail
process to: C/O The LLC,
235 W 56th St Unit 14N
New York NY 10019 which
is also the principal business
location. Purpose: any lawful
activity.

NOTICE IS HEREBY GIVEN
that a license, Number Pending,
for On Premise Liquor has been
applied for by the undersigned
to sell Liquor, Wine, Beer & Cider
at retail under the Alcoholic
Beverage Control Law, at 731
Lexington Ave., New York, NY
10022. New York County, for on
premises consumption. Hutong
NYC LLC

NOTICE IS HEREBY GIVEN
that a license, Number TBA, for
Beer & Wine has been applied
for by the undersigned to sell
Beer, Wine & Cider at retail in a
Restaurant under the Alcoholic
Beverage Control Law at
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Babeth's Feast, LLC.

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NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
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TRUSTEE FOR LSF9 MASTER
PARTICIPATION TRUST,
Plaintiff AGAINST ELINOR
CAMPBELL, et al., Defendant(s)
Pursuant to a Judgment of
Foreclosure and Sale duly dated
February 16, 2018 I, the
undersigned Referee will sell at
public auction at the Queens
County Courthouse in Courtroom
25, 88-11 Sutphin Boulevard,
Jamaica, New York, on
October 19, 2018 at 10:00AM,
premises known as 129-22
144th STREET, JAMAICA, NY
11436. All that certain plot piece
or parcel of land, with the buildings
and improvements erected,
situate, lying and being in the
Borough and County of Queens,
City and State of New York,
BLOCK 12067, LOT 67.
Approximate amount of judgment
\$549,684.20 plus interest and
costs. Premises will be sold
subject to provisions of filed
Judgment for Index# 709387/2015.
GARY DARCHE, ESQ., Referee
Gross Polowy, LLC
Attorney for Plaintiff
1775 Wehrle Drive, Suite 100
Williamsville, NY 14221
56952

LEGAL NOTICES

NOTICE IS HEREBY GIVEN
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for Tavern Wine has been applied
for by the undersigned to sell
Beer, Wine & Cider at retail in a
Bar/Tavern under the Alcoholic
Beverage Control Law at 136-93
37th Ave., Floor 2, Flushing, NY
11354. Queens County, for on-
premises consumption. Gayaha
Hof Inc.

NOTICE IS HEREBY GIVEN
that a license Number 1313198,
for On Premise Liquor has been
applied for by the undersigned
to sell Liquor, Beer, Wine & Cider
at retail in a Restaurant under the
Alcoholic Beverage Control Law
at 161-29 Crocheron Ave.,
Flushing, NY 11358. Queens
County, for on-premises
consumption. Dokdoya Inc.

NOTICE IS HEREBY GIVEN
that a license Number 1313041,
for Eating Place Beer has been
applied for by the undersigned to
sell Beer at retail in a Restaurant
under the Alcoholic Beverage
Control Law at 130 Water Street,
New York, NY 10005. New
York County, for on-premises
consumption. HMSDS USA
Corp.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN
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for On Premise Liquor has been
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sell Liquor, Beer, Wine & Cider at
retail in a Restaurant under the
Alcoholic Beverage Control Law
at 13 E. 37th Street., New York,
NY 10016. New York County,
for on-premises consumption.
Meigui Inc.

NOTICE IS HEREBY GIVEN
that a license Number 1312568,
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applied for by the undersigned
to sell Liquor, Beer, Wine & Cider
at retail in a Restaurant under the
Alcoholic Beverage Control Law
at 40-31 162nd Street, Flushing,
NY 11358. Queens County,
for on-premises consumption.
Boomerang Two Corp.

NOTICE IS HEREBY GIVEN
that a license, Serial Number
1313348, for Beer & Wine
has been applied for by the
undersigned to sell Beer, Wine
& Cider at retail under the
Alcoholic Beverage Control
Law at 26-19 Jackson Ave.,
Long Island City, NY 11101.
Queens County, for on premises
consumption. Ming Zhu Inc.

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GAMES

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ACROSS

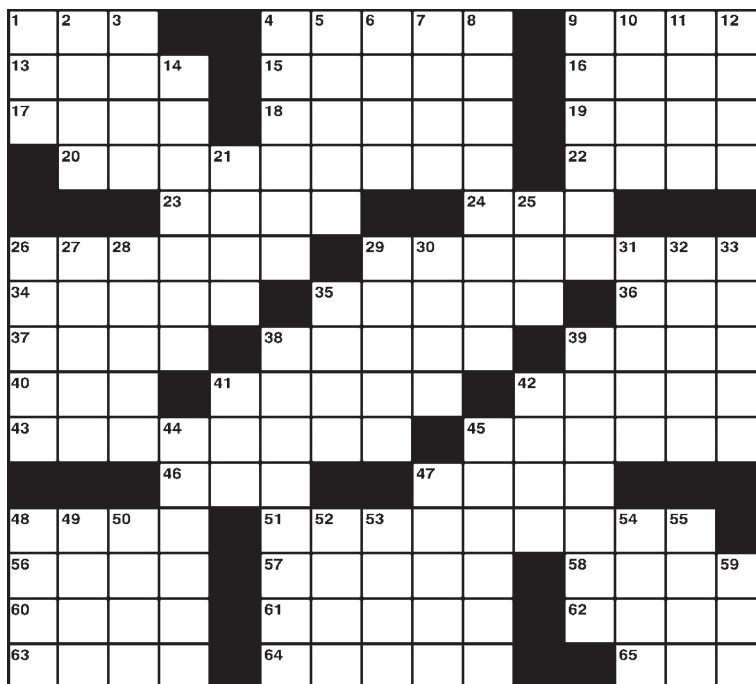
- 1 In a rage
4 Each __; one another
9 Alan Alda TV series
13 Over
15 Neighbor of Argentina
16 Unpleasant
17 Linear measure
18 Songbirds
19 Send a parcel
20 Not to be trusted
22 Jekyll's alter ego
23 Fill a suitcase
24 "I __ Rock"; Simon & Garfunkel hit
26 Open a wine bottle
29 Ancient hurling weapon
34 Circular
35 Ali or Spinks
36 Cutting tool
37 Raven or rooster
38 Lubricated
39 Unclothed
40 Beast of burden
41 Mt. Aconcagua's range
42 TV's Milton __
43 Not required

- 45 Frolicked
46 Building annex, often
47 Forest tree
48 Gator's cousin
51 Indecency in attire
56 Sharpen
57 Loop with a slipknot
58 Press clothing
60 Unlock
61 Firstborn of two
62 Long story
63 Pain in the neck
64 Tall marsh grasses
65 __ attention to; heed

DOWN

- 1 Family member
2 Zealous
3 Lunch spot
4 "A diller, a dollar, a ten __ scholar..."
5 Express gratitude to
6 Bring on board
7 Antlered animals
8 Said again, but in a new way
9 Accident
10 Sore
11 __ row; poor area of a city

- 12 Excessive publicity
14 Answer
21 Difficult
25 Third calendar pg.
26 Not rural
27 Racket
28 Blaspheme
29 Nat and Natalie
30 Sharp tools
31 Seize power by force
32 Serving utensil
33 Rough woolen fabric
35 Auction offers
38 Short funny remark
39 Archenemy
41 Laundry soap
42 Scapula or clavicle
44 Adequate; good enough
45 Passengers
47 Prepared for a selfie
48 Cut up
49 Rappelling essential
50 Wallet items
52 Internal spy
53 Apple pie à la __
54 Catch in a snare
55 Meditative exercise
59 Certain vote

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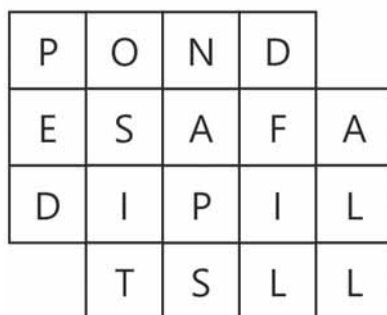
Avocado
Bean
Beef
Cheese
Chicken

Corn
Crunch
Guacamole
Lettuce
Onion

Salsa
Shell
Taco
Tomato
Tortilla

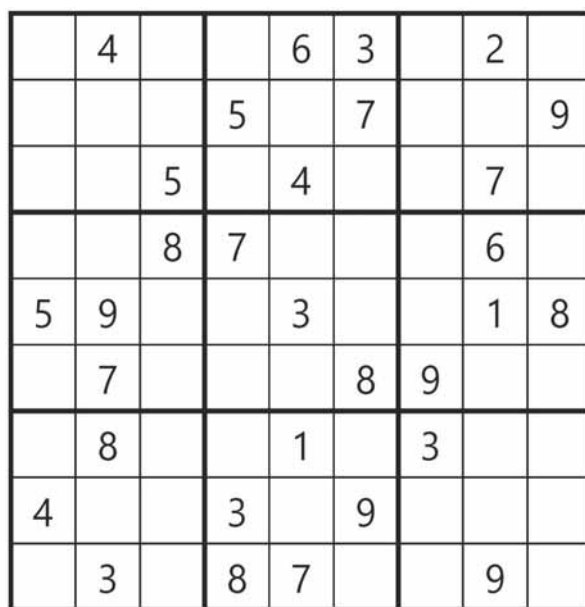
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